



April 1st, 2020

Dear Students,

As a wellbeing team we want to give you a few pointers that we hope will be useful to keep your wellbeing as balanced as possible in these unprecedented times.

So here goes.

Tip one: *Get a routine and stick to it.* We can become bored of routine but research has found that maintaining a regular sleep and waking routine can help our mental health. Good sleep is vital for immune health, too.

Get up at the same time each day. Have a list of stuff you need to do: eat breakfast, water the plants, exercise, focus on your studies, call friends/relatives, keep a journal.

Tip two: *Keep connected and involved:* Stay connected by using remote face-to-face contact, zoom, WhatsApp video, FaceTime etc. Connect safely with elderly or vulnerable people in your community or family, give them attention remotely, and focus on helping them any way you can.

Tip three: *Keep active and connected to nature (if you can).* Work some exercise into your routine (see tip one). While you may not be able to hang out at the gym for a while, do what you can at home. Stay fit with KH tutorials on our website or a YouTube fitness class.

Get outside in the light as much as you can, while of course managing all the precautions you need to right now. We need nature as well as activity to help us feel, calm, clear, and hopeful. So, if you can, get out to a local green space and simply enjoy gazing up at the trees. Move your body as much as you can, and you *will* feel better mentally.

Tip four: *Use the extra time as a bonus* - this might be the time to start writing that book, illustrating a comic, practising that instrument, doing that online course, or reading the complete set of Harry Potter books.....

Tip five: *Keep (or get) mindful and calm* - Practise being mindful three times a day. Focus on your breath, right here and now. Breathe in deeply, then extend the outbreath and simply watch your breath calm your body. Notice the colours and shapes around you. List in your mind three objects you can see, three things you can hear, and three things you can feel (such as the sensation of the air on your skin or the movement of your belly as you breathe deeply). Watch any thoughts float in and out of your consciousness, like clouds across a blue sky.



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And finally:

Keep the faith: As you are staying at home or self-isolating, remember that doing stuff, keeping a routine, exercising and getting out in nature safely, and keeping contact is vital.

Remember that this too shall pass.

We are here to support you in any way we can so please do keep in touch.

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Yours,

The Wellbeing Team.